



TOMATOES, DICED, LOW-SODIUM, CANNED

Date: July 2009

Code: A234

PRODUCT DESCRIPTION

- Canned tomatoes are U.S. Grade B or better, whole or diced tomatoes.
- Canned tomatoes are a low-sodium food.

PACK/YIELD

- Canned tomatoes are packed in 15 ½ ounce cans; which is about 3 servings (½ cup each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining opened tomatoes in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Canned products are fully cooked so it is safe to eat them without cooking.
- If heated, serve right away or refrigerate leftovers in a container not made from metal.

USES AND TIPS

- Add flavor to canned tomatoes by seasoning with garlic, pepper, herbs such as dried basil or rosemary, or Parmesan cheese.
- Canned tomatoes are ready to use in a variety of soups, casseroles, stews, vegetable side dishes, rice dishes, and main dishes.
- Combine canned tomatoes with garlic and cooked chopped green pepper for an easy sauce for pasta.

NUTRITION INFORMATION

- ½ cup canned tomatoes counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of tomatoes provides 20% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (120g) tomatoes, diced, low-sodium, canned

Amount Per Serving

Calories	40	Calories from Fat	0
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g			
Cholesterol 0mg	0%		
Sodium 140mg	7%		
Total Carbohydrate 9g	3%		
Dietary Fiber 2g	9%		
Sugars 3g			
Protein 2g			
Vitamin A 15%	Vitamin C 20%		
Calcium 4%	Iron 8%		

*Percent Daily Values are based on a 2,000 calorie diet.

CHICKEN CACCIATORE**MAKES ABOUT 4 SERVINGS****Ingredients**

- 1 onion, chopped
- 1 ½ cups low-sodium diced tomatoes, canned
- ½ cup low-sodium tomato sauce, canned
- ⅛ teaspoon garlic powder
- 1 teaspoon dried oregano (if you like)
- ⅛ teaspoon black pepper
- 4 pieces chicken (thighs, breasts, or legs) skin removed

Directions

1. Put the chopped onion in a saucepan.
2. Add the tomatoes, tomato sauce, garlic powder, and black pepper. If using oregano, add that too.
3. Cook on low heat for 3 minutes.
4. Add the chicken to the sauce pan and cover the pan.
5. Cook over low heat for about 1 hour until the chicken is fully cooked.

Nutrition Information for 1 serving of Chicken Cacciatore					
Calories	190	Cholesterol	70 mg	Sugar	8 g
Calories from Fat	30	Sodium	220 mg	Protein	29 g
Total Fat	3 g	Total Carbohydrate	11 g	Vitamin A	17 RAE
Saturated Fat	0.5 g	Dietary Fiber	2 g	Vitamin C	14 mg
				Calcium	62 mg
				Iron	3 mg

Recipe adapted from SNAP-ED Connection Recipe Finder, <http://recipefinder.nal.usda.gov>.

CREAMY TOMATO SOUP**MAKES ABOUT 6 SERVINGS****Ingredients**

- 2 tablespoons vegetable oil
- ½ cup onion, chopped
- 2 garlic cloves, chopped
- 1 ½ cups low-sodium chicken broth
- 1 ½ cups water
- 3 cups low-sodium diced tomatoes, canned
- ½ cup whole milk
- ½ teaspoon black pepper

Directions

1. Heat oil in a large pot over medium heat. Add onion and garlic and cook until soft, approx 3 minutes.
2. Add chicken broth, water, and tomatoes, bring to boil. Lower heat and cook uncovered for 25 minutes or until mixture begins to thicken.
3. Remove from heat. Blend in a blender until smooth, if you'd like. Soup can be smooth or chunky. Return to pot and heat over medium heat until soup is hot.
4. Stir in milk and black pepper.

Nutrition Information for 1 serving (about 1 cup) Creamy Tomato Soup					
Calories	110	Cholesterol	0 mg	Sugar	2 g
Calories from Fat	50	Sodium	168 mg	Protein	4 g
Total Fat	5 g	Total Carbohydrate	12 g	Vitamin A	48 RAE
Saturated Fat	1 g	Dietary Fiber	3 g	Vitamin C	12 mg
				Calcium	74 mg
				Iron	2 mg

Recipe adapted from Recipezarr.com.